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WE AGE



WE BLEND



WE AGE AGAIN



LIVE TRUE



-ESTº 1846-

Dewar's.

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SMOOTHNESS





Whisky

"Divine stone fruit aromas."

Jonny McCormick





WHISKYCAST

"Excellent! Reminder of just how complex and well-rounded a good blend can be."

Mark Gillespie





"Excellent. Highly recommended."



INTRODUCING

- ESTP 1846 -

Dewars. SUBLE DOUBLES SERIES



4 STAGE AGEING PROCESS
FOR ULTIMATE SMOOTHNESS





EDITOR'S LETTER

FRESH LOOKS

There's beauty in diversity, in inspiration—and in rethinking all you thought you knew about the Swimsuit Issue

BY MJ DAY

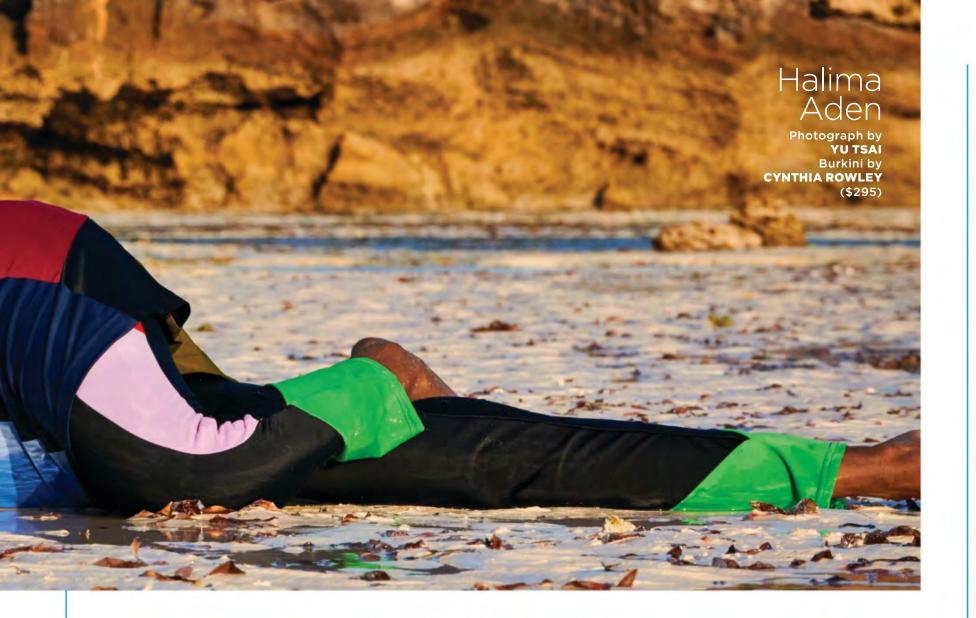
E ALL NEED a little inspiration now and then, so here's a quote for your refrigerator or the front of a T-shirt or your Pinterest board: "Do what you know, and perception is converted into character." In other words: Be true to who you are, and your understanding of the world—and the world's understanding of you—will coalesce around your best self.

Of course, to make that happen you're going to have to shatter a few perceptions along the way. So let's get real about exactly what the Swimsuit Issue is and what it represents. Sure, it was born as a midwinter diversion for a mostly male sports magazine audience—but throughout its 55-year history SI Swimsuit has been conceived, planned and produced by an editorial staff comprised almost entirely of women. Two of our three covers this year were shot by females. Josie Clough, who was four months pregnant when she photographed Camille Kostek on Kangaroo Island, in South Australia, last October, has had her work in the issue three straight years now.

Laretta Houston, meanwhile, is new to the Swimsuit family. Tyra Banks recommended her to shoot Tyra's third SI cover—though Houston didn't know it at the time. "There are so very few women of color behind the camera," Tyra said to me in January. "Let's find a talented person and change her life!" So we invited Houston to the Bahamas to shoot 2019 rookies Olivia Brower, Winnie Harlow and Kelsey Merritt. Once she got there, we surprised her with the news that she'd also be shooting a modeling legend for the cover.

Tyra's choice was driven by a spirit of empowerment and inclusion—something those who still think of SI Swimsuit as a monument to supermodel-y sameness and perfection should keep in mind. With the 34 exceptional women in this issue we're celebrating beauty in all its forms. Pretty faces? Yes—but also so much more. Mothers. Athletes. Businesswomen. Women of color. Women of different shapes and sizes. Women from all walks of life. What connects them? A determination to own who they are and demonstrate how limitless we can all be.

So: Do you feel confident and strong in a string bikini? Go for it. Do you feel that way in a burkini and a hijab? Halima Aden does, and this year she's the first woman to wear them in the Swimsuit Issue. Does a swimsuit still make you feel gorgeous 36 years after your first SI appearance? Paulina Porizkova says yes, and in addition to her photos this issue includes her fierce back-page essay in which she addresses ageism head-on.









To purchase any of this year's covers, go to **backissues.si.com**

The conversation shouldn't stop at body diversity or how a woman should look or dress to be worthy of media celebration. SI Swimsuit wants the focus to be on women's actions as much as their appearance. Alex Morgan is on one of our covers—she and U.S. national soccer teammates Megan Rapinoe and Crystal Dunn and Abby Dahlkemper joined us for a shoot in St. Lucia, right after the barrier-breaking announcement that national team players were suing the U.S. Soccer Federation for gender discrimination and equal pay. And

Kostek's cover, a year after we discovered her in our annual Model Search casting, marks the launch of a modeling career swimming in potential. (Even as her star rises, the search is on for the next breakout. Model Search 2020 launches this July in Miami.)

Speaking of potential—both fulfilled and limitless—let's talk about Tyra. In 1996 she became the first woman of color on the Swimsuit Issue cover; in the years since she's transformed herself into nothing less than a mogul, a cultural force and a supernova of inspiration and empowerment. You can read more about her starting on page 22; she's kind of the Swimsuit Issue ethos come to life, everything we know this franchise can be. We hope you read the issue cover to cover, and that after you've also visited **SI.com/swimsuit** and explored the additional images, videos and stories there, you think about the women, SI Swimsuit and yourself in a new light.

Oh, and that quotation we started with? It's from Ralph Waldo Emerson. He may have owned a famous path of forest in Massachusetts, but you probably didn't see his connection coming to a franchise thought to be about sun, sand and sex appeal. Boom. Perception, shattered.

The conversation shouldn't stop at body diversity or how a woman should look or dress. SI Swimsuit wants the focus to be on action as much as appearance.

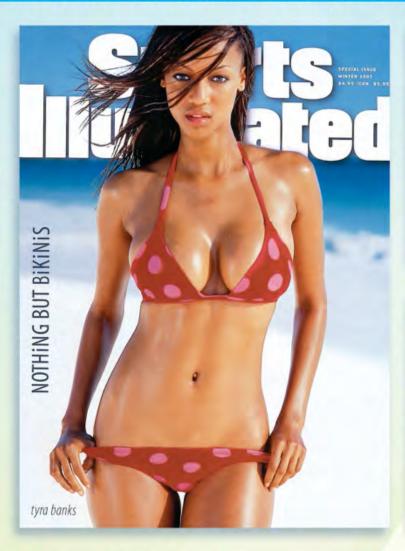
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A lifelong competitive dancer, Kostek-who is from Killingworth, Conn.—is a former New England Patriots cheerleader. Photograph by JOSIE CLOUGH Swimsuit by MESHKI (\$62) Hair by MICHAEL BRENNAN kostek for THE ARTIST GROUP using ORIBE Makeup by
PETER BEARD for THE ARTIST GROUP
SYDNEY
using CHARLOTTE TILBURY " My backyard was the place to be. We played kickball, Wiffle ball, badminton. There were always 20 kids coming over. I loved backyard sports. Still do. **CLASS** 2019 11 ~



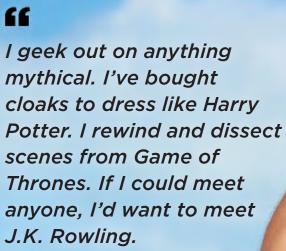












"



Brower

The 22-year-old, San Diego-born Brower has lived all over the world, including Japan, Italy, the U.K. and Australia.

Photograph by LARETTA HOUSTON

Swimsuit by
BEACH BUNNY
(\$315)

Hair by
KIM KIMBLE
at SIX K ARTISTS
assisted by
CHRIS GEES

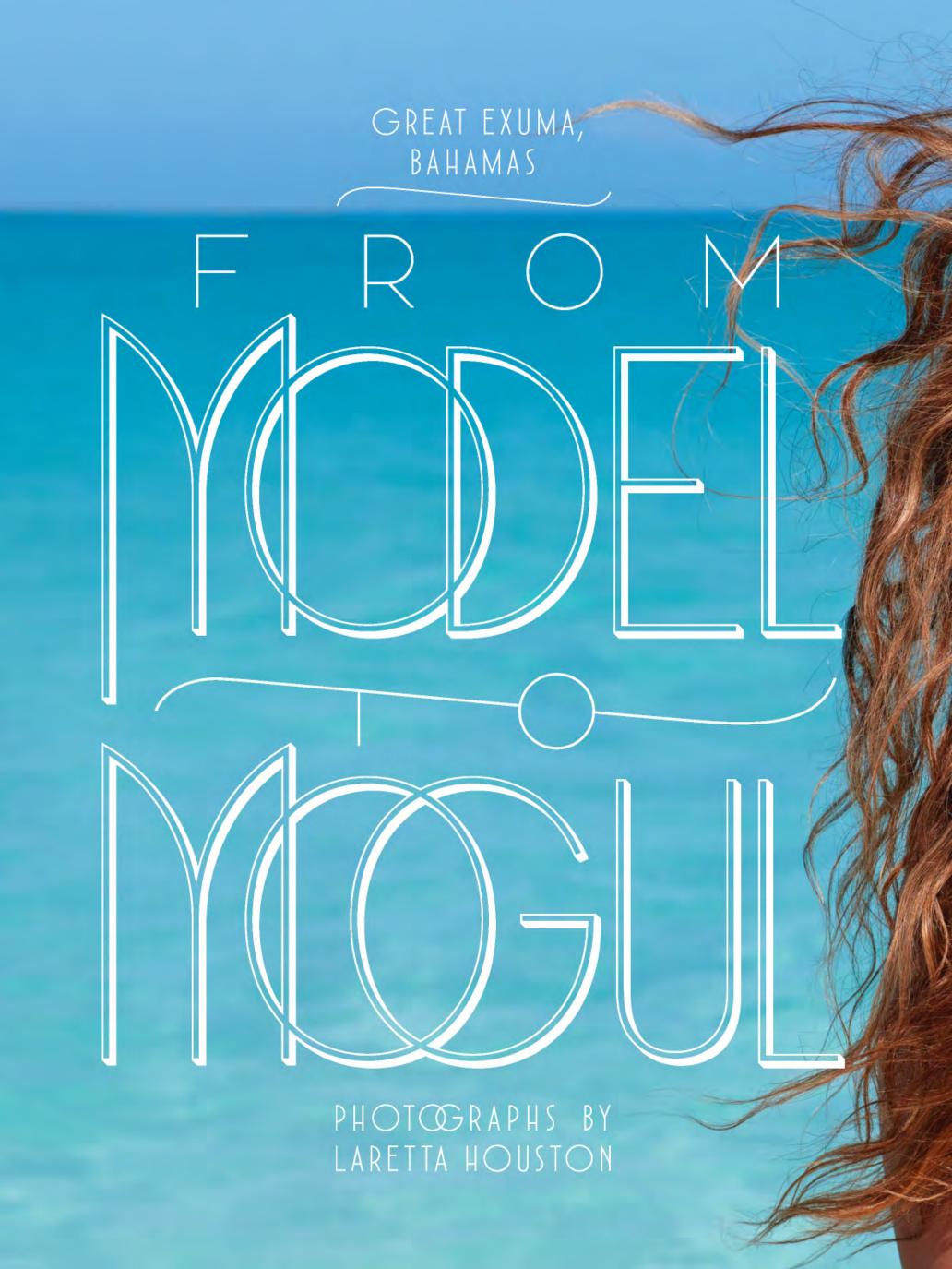
Makeup by VALENTÉ FRAZIER at FIRE HOUSE MANAGEMENT





















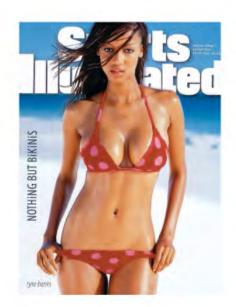
A few months before
Tyra Banks was scheduled
to be photographed on a
sun-soaked Bahamian beach
in a skimpy yellow bikini,
she flirted with the idea of
losing some weight. She had
been photographed 23 years
earlier on the same island
in a different tiny bikini,
and thought if she slimmed
down folks would marvel,
"Tyra looks the same!"

She consulted a nutritionist, cut out carbs and started drinking two liters of water a day. "I know how to control my body," Banks says. "I can lose weight easily."

But then she went to her mama's house. First, Banks got into the Cheetos. ("They were so good.") Then she started with the ice cream. Not just one flavor, either. She drove to the store and picked up eight pints of vanilla Swiss almond, butter pecan, matcha coffee and strawberry. She set them on the counter with three spoons, and Banks, her mama, and York, her three-

year-old son, had themselves an ice cream party. After that, it was pretty much game over for the diet. "I had the F-its!" Banks declares. "I just didn't care. But," she adds, "I know the tricks. Like, the thicker you are, the smaller the swimsuit should be. It makes your curves look more luscious than stuffing yourself into giant underwear-type bottoms. So, I needed a suit that was like dental floss."

Banks is describing the ice cream orgy and the barely-



there bikini sitting at a picnic table in a courtyard at Stanford, where she had just finished guest-lecturing the first of a series of three-hour classes on personal branding at the Graduate School of Business. "Project You: Building and Extending Your Personal Brand" is one of the most popular electives in the program.

Banks picks up her phone and scrolls through pictures from the Bahamas photo shoot. At 45, she's decided to return to modeling. The industry typically uses "mature" models as signifiers of elegance or sophistication. Meaning they are almost always photographed fully clothed. But Banks specifically chose the Swimsuit Issue to announce she is coming out of retirement. This, she says, is where it all began.

Twenty-three years ago, Banks made history as the first African-American model to grace the cover of this publication. She was photographed, smiling brightly, with blonde-haired Valeria Mazza, on pristine sand in South Africa. The following year, Banks earned a solo cover. The now iconic image (*left*)—sun dappled, thumbs hooked mischievously in the waistband of her pink polka-dot bikini—garnered more newsstands sales than any other Swimsuit Issue in the last three decades.

"Compared to my first SI shoot," Banks says, peering at photos on her phone, "these pictures are so much... saucier." If by saucy, Banks means over-the-top sexy, then yes, the pics she's scrolling through—in the bumblebee-yellow string bikini; topless with her hands cupping her breasts; shot from behind with her derriere rising majestically over the waterline of the aquamarine sea—are positively dripping.

"There is this stereotype that only a 20-year-old woman in a bikini is hot,"

says Banks. "Like once we reach a certain age, we are no longer desirable. But I want to show that modeling has no age. I'm coming out of retirement to practice what I preach." That said, Banks's comeback is also part of a bold new business plan. In a career that has seen Banks crush almost every venture she's embarked upon—from modeling, to television, to teaching—this next move may be her biggest risk yet.



T'S 11 A.M. on the first day of class and Banks, dressed in a faded navy NFL T-shirt, sweats and sneakers, is balancing on a platform high above a redwood forest, in the Santa Cruz Mountains, about an hour from Stanford. Prompted by Brian, a zip-lining guide at Mount Hermon Adventures, Banks turns around, slides her heels over the end of edge of the platform, then leans back until she is suspended by her safety harness dangling over the 100-foot drop. Banks insists that "the lean back," a trust exercise, is less scary if you close your eyes. But she keeps hers wide open. She's going all-in on this insanity during the two-hour zip-lining sesh she's booked this morning. Apparently, this is how Banks wants to start her day. "I thought I could get my blood going," she says. Never mind that most people just drink coffee.

Zip-lining leaves Banks with a wicked case of helmet head. But she's planned for this, too. In the rest room, she slips out of her sweats and into teaching clothes—dark jeans and patent leather heels—and tops off her outfit with a jaunty yellow beret to hide the indentation across her forehead. Then she books it to class with only moments to spare.

"Maybe unconsciously I was trying to put myself in my students' shoes," she says of the zip-lining expedition. "Some of them are reserved, and the stuff we ask them to do in class can be very uncomfortable." Her 25 graduate students include physicians, entrepreneurs and tech wizards-"literal geniuses," Banks calls them. "Some

Banks has an impressive list of accomplishments. She's founder and CEO of Bankable Productions, a television and film production company, and she heads Tyra Beauty, a cosmetic line. Banks also founded TZONE, a nonprofit aimed at empowering girls and women, and has authored three books, including the young adult best-seller Modelland. One estimate puts her net worth at \$90 million. It might be tempting to dismiss these achievements as the spillover gains of hitting the genetic jackpot. But if success were that easy, every supermodel would be a mogul. In reality, Banks's ascent is the result of a series of carefully planned moves in which the star leveraged her notoriety in one sphere to enter another.

There's an anecdote Banks likes to share. Think of it as her personal-branding origin story. At 19, she was two







"I am telling people that beauty comes in all shapes, sizes and ages" Banks says of her return. "I have to put my money where my mouth is."

of them are already changing the world, but they're so modest." To apply for the class, students submit a short video describing their personal brand. Banks, who has been guest-lecturing at Stanford for three years, recalls one student: "In his video he said, 'I've done some cool things. But I really don't know what my brand is.' It turns out he invented a type of heart valve that has saved thousands of people! I'm teaching students, 'If you don't say it, nobody will." Personal branding is considered an essential business skill. And Banks dominates this game.

"Tyra is an expert at this," says Allison Kluger, a management lecturer at the grad school, who co-teaches with Banks. Kluger proposed the idea for the class to Banks after hearing her give a speech at the university. "She was talking about pivoting her personal brand," says Kluger. "She had all these amazing lessons about how to cold-call people and pitch ideas. She's seriously a marketing genius."

years into a successful career as a high-fashion model when her agent in Milan informed her that she was getting too curvy. Several top designers no longer wanted Banks to walk in their shows. Banks's mother, Carolyn London, took her out for pizza and to devise a plan. Her mother told Tyra to write down the names of companies that liked curves, or as she put it at the time: "Who likes ass?" On the white butcher paper covering the table Tyra scrawled VICTORIA'S SECRET and SPORTS ILLUSTRATED.

"Those are your new clients," her mom declared. With that, Tyra made the decision to pivot. She bounced from the exclusive world of high fashion and landed, spectacularly, on the cover of one of the most prominent arbiters of male heterosexual desirability in America. It was more than a savvy business move. "SI changed my life," says Banks.

Before the pink polka-dot bikini, Banks was known mostly among fashion insiders and fans. "But after SI, my Q Score went to No. 1. Suddenly, I had household-name status. I was reaching young, old, male, female—everybody," she recalls.

"It was a game changer," adds cultural critic Michaela angela Davis. "At the time mainstream America did not identify black women as sexy, beautiful or desirable. But here you had an American institution, read by everyone from subscribers to women on Madison Avenue, with a brown girl on the cover. And she was gazing right at you. It was steamy, wonderful and amazing."

Banks's feat is even more remarkable, notes Davis, when you consider what the supermodel did with her fame. "Beautiful people are given a lot of opportunities for free," says Davis. "But Tyra took that gift and kept growing. [She saw an open door], walked in and got busy."



- **1** Banks appeared in several episodes of *Fresh Prince*.
- **2** In 2012 Banks completed a program at Harvard Business School.
- **3** *Top Model* made its premiere in 2003.
- **4** Stanford grad students learn about personal branding from an expert in the field.

Y THE EARLY 2000s, Banks had positioned herself as a one-woman media juggernaut. She'd left modeling for good and was focusing all her energy on television, making her mark as the refreshingly candid big-sister patron saint of young women everywhere. Covering hot topics like relationships, sex and self-esteem, her eponymous daytime talk show debuted in 2005, immediately capturing the 18-to-34 demo and winning two Daytime Emmys. Even more impressive was the success of *America's Next Top Model*.

Banks's brainchild became one of the longest-running competition reality shows of all time, airing in 180 countries and spawning 40 international versions. The show features contestants vying for a modeling contract. But Banks is undeniably the star. One of her many skills is an uncanny ability to coin instantly meme-able phrases, like *flawsome*—a portmanteau of *flaws* and *awesome*, as in, when your quirk turns out to be your greatest asset—and *booty tooch*, which you should probably just google.

Banks also made sure the aspiring models featured on the show represented a range of ethnicities and beauty ideals, promoting diversity in the fashion industry before it became cool. There were nerdy girls and curvy girls, a model with vitiligo, another with alopecia. The most recent cycle included a 42-year-old grandmother. N FRONT OF her class, just like on her shows, Banks dispenses wisdom in bite-sized catchphrases. "Perfect is boring," she proclaims (which is also the title of the 2018 memoir she cowrote with her mother), and "different is better than better." She exhorts her students to embrace their vulnerabilities while reminding them, "Your personal brand needs to be so strong that you can withstand anything. If you fall down, you can get back up!" The students lean forward, in rapt attention.

Banks, who in 2012 completed an executive training program at Harvard Business School, peppers her lecture with plenty of personal anecdotes. But she doesn't share her biggest business news of all. Banks is leveraging two decades of fame (or, as they say in business school, "brand equity") to launch her most ambitious project to date: Modelland, a one-stop wonderland of all things fierce. "It's like Disneyland for beauty and fashion," Banks explains.

Scheduled to open later this year, in a 21,000-squarefoot space just steps from the Santa Monica Pier, Modelland will give visitors the experience of being a model for a day. There's going to be "amazing food and delightful shopping," she adds. "The whole family can have fun."

The attraction also has an elaborate backstory. "Modelland is a fictitious modeling academy," Banks explains. "A really negative place, with very narrow confines of beauty. However, a girl named Tookie De La Crème—who also stars in *Modelland*, the novel—with a big forehead gets accepted to Modelland, and she has no idea why. While at school, Tookie and her squad of atypical beauties change the face of beauty worldwide." Banks grins: "It's kind of like me 20 years ago, but Tookie's getting the credit."

Banks calls Modelland, which she's been developing for the past decade, "the biggest dream I've ever had." But like all things Banks, the endeavour is about much more than bringing modeling to the masses. It's a celebration of reinvention, fantasy and, as she puts it, "finding your fiercest self." Most of all Banks aims to inspire playful abandon. Like that feeling you get when you have an ice cream party before a swimsuit shoot. Which brings Tyra back to what she is doing on the cover of this magazine dressed in nothing but a dental-floss bikini.

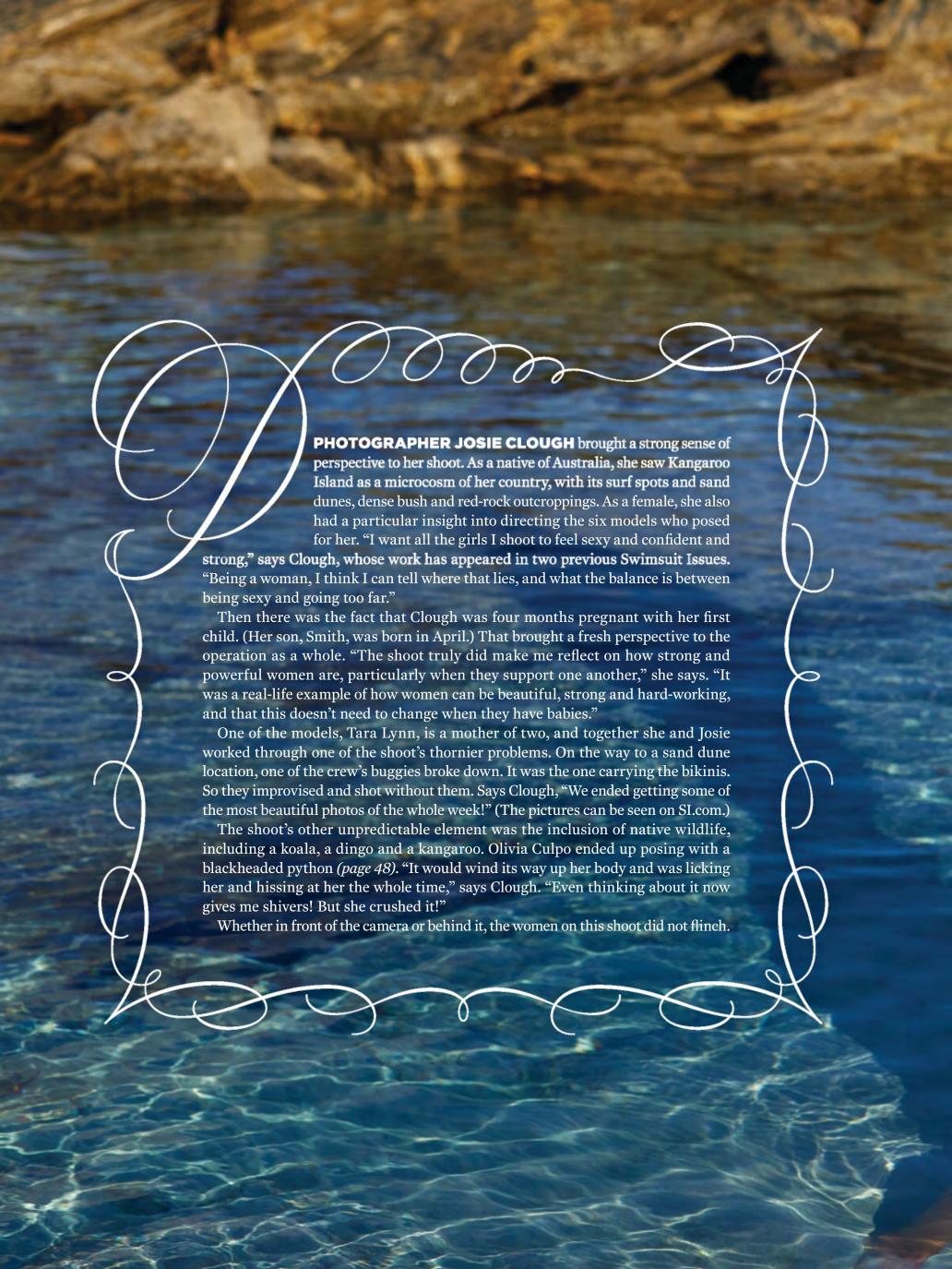
"I am telling people that beauty comes in all shapes, sizes and ages" she says. "I have to put my money where my mouth is. I have to make sure my message is pure." Banks, who signed with a new modeling agency, NEXT, in April, is also adopting a new moniker for her comeback. Banks, the model, will from now on go by BanX, with the X representing X-ing out cookie-cutter beauty. "Mononyms are exciting in the industry," she says. "But usually models use their first names, like Iman. I want to flip the script and go by my last name. I'm taking something familiar and making it new. I'm wiser now," she adds, "and thicker. BanX is me, but she's also every woman. BanX represents rebirth and that beauty boundaries only exist to be broken."

















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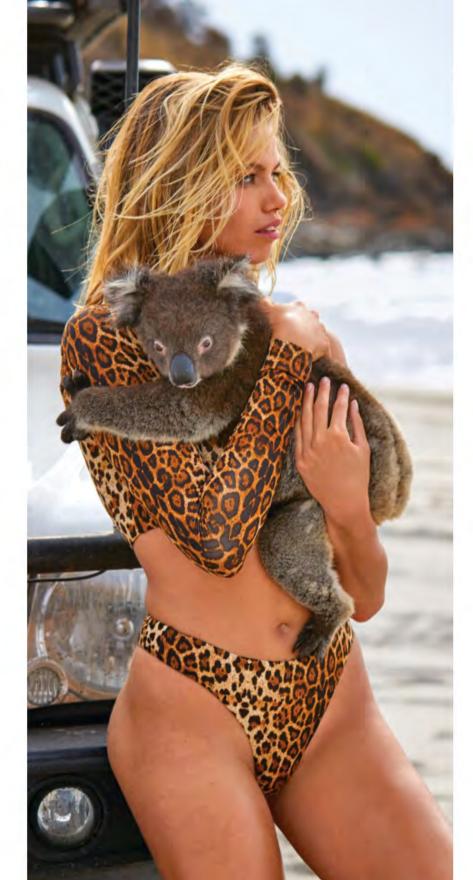
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TRAVEL

KANGAROO ISLAND

Pure bliss is a short hop from the coast of South Australia

DESTINATION

Located 10 miles off the coast of Adelaide, in South Australia, Kangaroo Island is stunning. But is it worth traveling halfway around the world for? Yes-especially if you take Virgin Australia, which makes the flight to Adelaide, um, fly by thanks to awesome entertainment choices and food. (Meals in business class are designed by celebrity chef Luke Mangan.) From there, Kangaroo Island is just a 20-minute flight away. virginaustralia.com

ACCOMMODATION

LifeTime Private Retreats consists of five houses on 25 gorgeous acres. They range from a villa on the property's highest point (the Sky House) to the Beach Retreat. (+61-8-8559-2248, houses and villas starting at \$315) life-time.co.au

RECREATION

Well, there's a reason they call it Kangaroo Island. If you go out and explore, there's a good chance you'll come across one of the marsupials that gives the place its name. In addition to the 'roos, you'll find wallabies, sea lions and koalas. And they will most likely be friendly, since there are no natural predators on the island. After a hard day of relaxing, guests at LifeTime have several dining choices, including a beach taverna in the summer and an 80-year-old shearing shed made of sugar gum trees and corrugated iron. The coolest option, though, is the Enchanted Fig Tree lunch, served beneath the boughs of a tree planted by early settlers. It's straight out of Wonderland. Which would be a fitting name for Kangaroo Island.







- 1 Sheoaks, nestled into a hillside, is just steps from the beach.
- 2 If you venture out on Kangaroo Island, you'll have company
- 3 The branches of the Enchanted Fig Tree reach the ground and provide a truly unique lunchtime setting with its leaf ceiling.

Hailey Clauson

Swimsuit by

I.AM.GIA

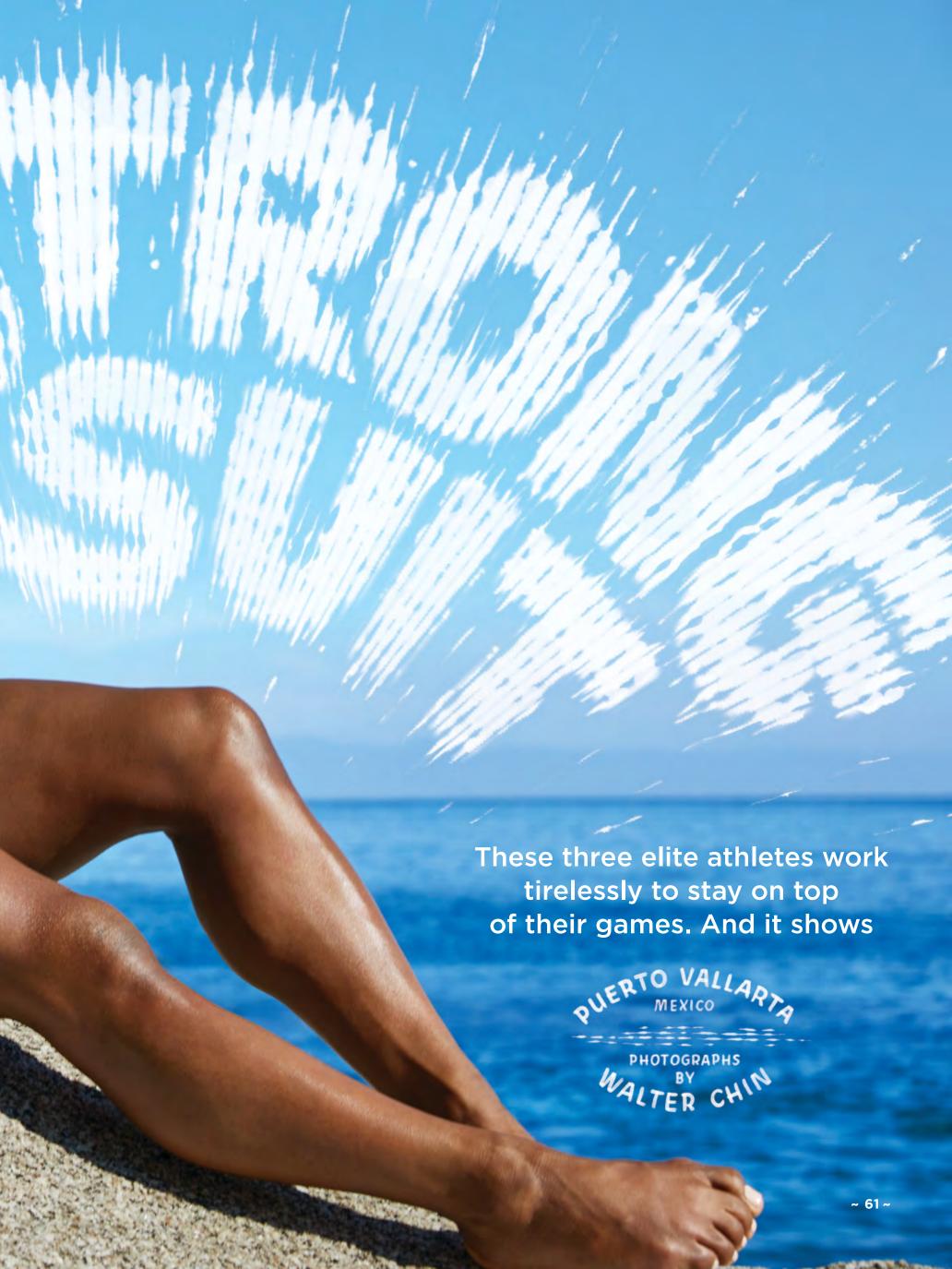
MEET THE LOCAL BEACH BUMS.



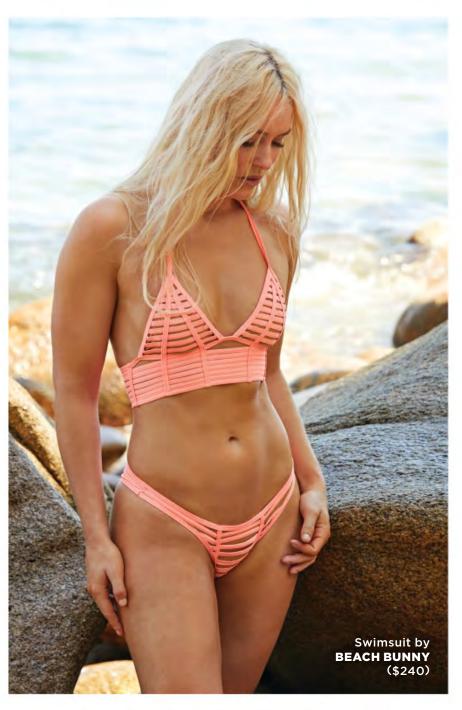


Welcome to an island inhabited by beach bums. Over one million, to be precise. South Australia's aptly-named Kangaroo Island is home to more than a million kangaroos and wallabies, sharing pristine beaches, iconic bushland and wild coast with a whole host of iconic Australian wildlife. Fly Virgin Australia to Adelaide to get up-close and personal with our furry friends on Australia's zoo without fences.

















* XVIDE CONTROL OF THE WAR WAS TO THE WAY TH

LINDSEY VONN—who is making her third Swimsuit Issue appearance—clearly isn't shy about displaying her physique. She shouldn't be; it's the product of two decades of hard work. "My body has been the center point of my career for a long time," says the 34-year-old skier. Vonn began competing on the World Cup circuit when she was 15 and continued to push herself as she piled up 82 victories on the circuit (the most ever for a female skier), as well as three Olympic medals. In the years of careening down mountains Vonn also broke bones and tore up both knees, which only added to the hours she spent in the gym. "The more I was injured, the more work it took to maintain my body," she says. Her shoot in Puerto Vallarta, Mexico, was a chance to be photographed before adding one more scar to her body-this one to her left knee, for surgery in April to repair a torn ligament.

Vonn retired from competitive skiing in February, but judging from the exercise photos she shares online, she's going to keep her body in Olympic form. "Working out is just part of my DNA," she says. "It won't be the same, but I enjoy being in the gym." Shortly after her last race, she said she was happy to be able to spend more time with her boyfriend, NHL star P.K. Subban, but she misses a daily regimen. "I have a million emails I need to respond to," she says. "But who wants to do that?"

This shoot was a relative breeze compared with 2016, when she spent 13 hours having her body painted. In Puerto Vallarta, slipping into a conventional swimsuit was a joy. Her only regret was not being in Mexico at the same time as the two other athletes, both of whom have spent countless hours working out. "Simone Biles is so awesome," she says of the gymnast who owns more individual world championship medals than any woman in history (not to mention four Olympic golds). And Vonn was also bummed not to get the chance to meet mixed martial artist Paige VanZant. But, hey—knowing the three, there's a pretty good chance they'll cross paths in a gym one day.





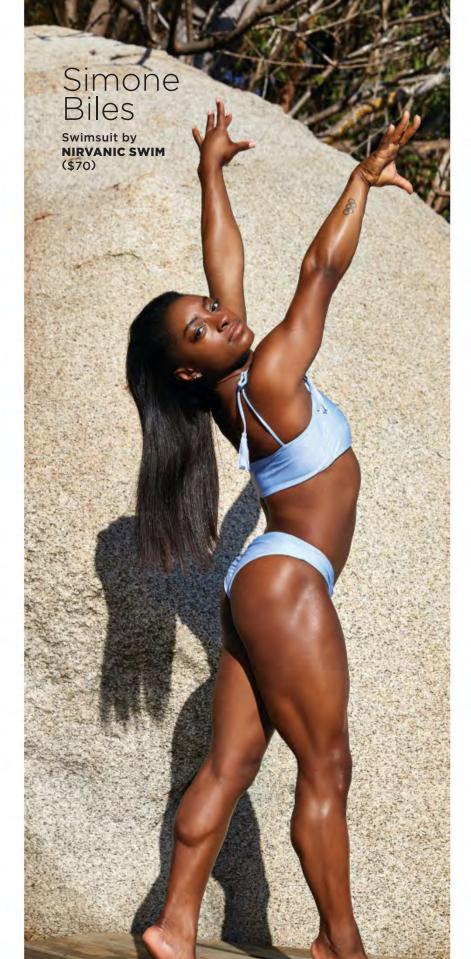












TRAVEL

PUERTO VALLARTA

In the Sierra Madres, a true treasure

DESTINATION

Unlike many international destinations in Mexico, Puerto Vallarta was not built to attract tourists. Located near the Sierra Madres, it's a fascinating city brimming with colonial culture as well as that of the Huichol, the area's indigenous population. The area is also home to an eclectic array of wildlife; the best time to visit is November, when the humpback whales and baby alligators are out in force.

ACCOMMODATION

The Hotel Boutique Casa Velas offers guests unlimited golf-and unlimited handbags. Yes, if you forget a purse or need a fancy one for a night out, the hotel has a "handbag bar." Fear not, men-it

While that's a fairly modern touch, the hotel also embraces tradition. The resort features storytelling dinners at which guests are taught about local dishes and Huichol culture and community. (877-418-3011, suites from \$232 per person) hotelcasavelas.com

RECREATION

The storytelling dinners are held at a downtown gallery. If you're inspired and want to create some art of your own, Casa Velas offers art classes that are paired with wine tastings. Guests looking for something a little harder should try raicilla, a smoked agave described by one local as "tequila's nutty cousin." There aren't many places better for enjoying a cocktail after a day of hiking, shopping or chilling out than the Ocean Club at Casa Velas.

includes a murse.



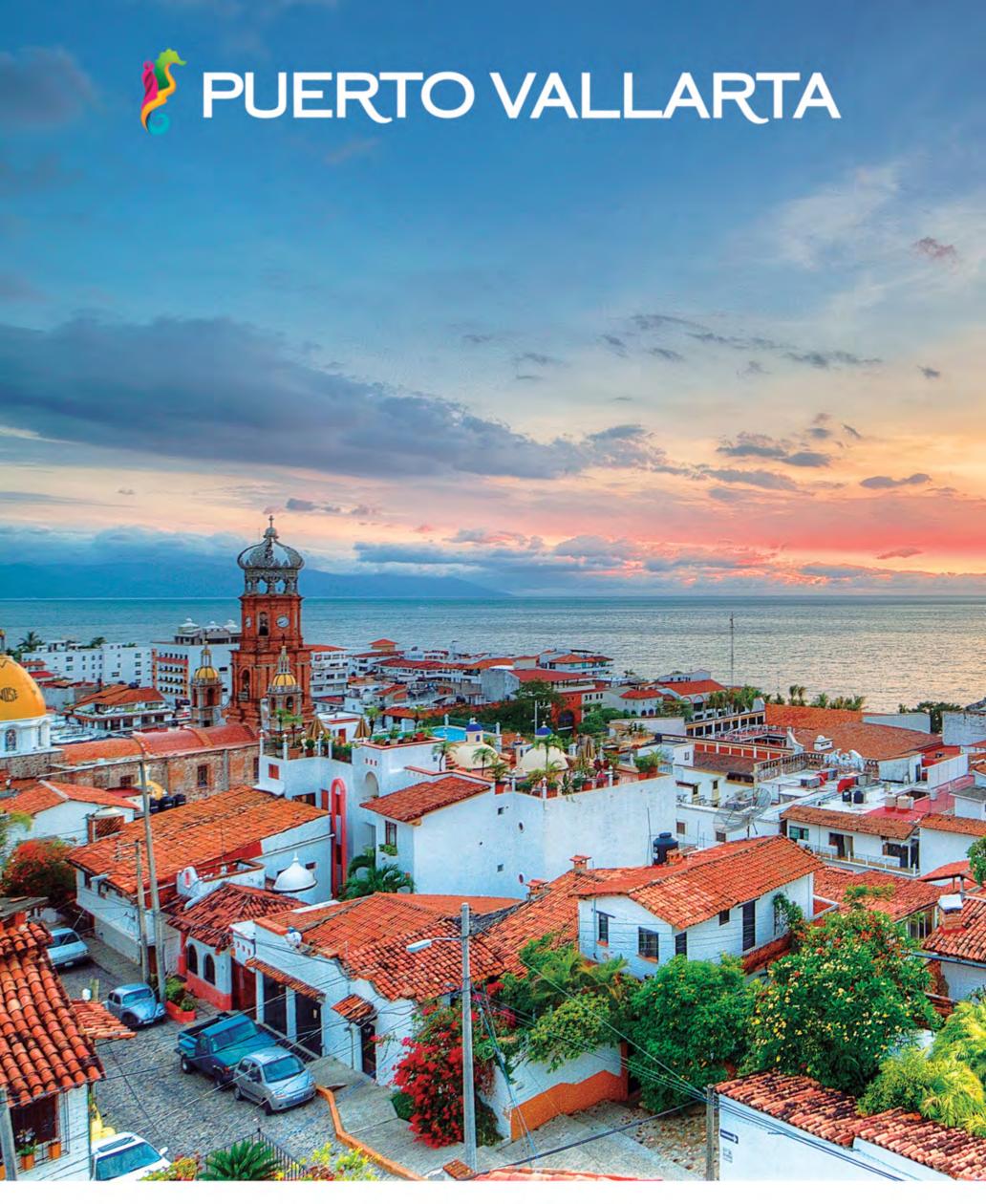




1 The beachfront Ocean Club at Casa Velas is for adults only.

2 Food options

- include Emiliano, a gourmet restaurant serving Mexican cuisine, and the Ocean Club's Asian fare.
- **3** The pool at Casa Velas features a swim-up bar.

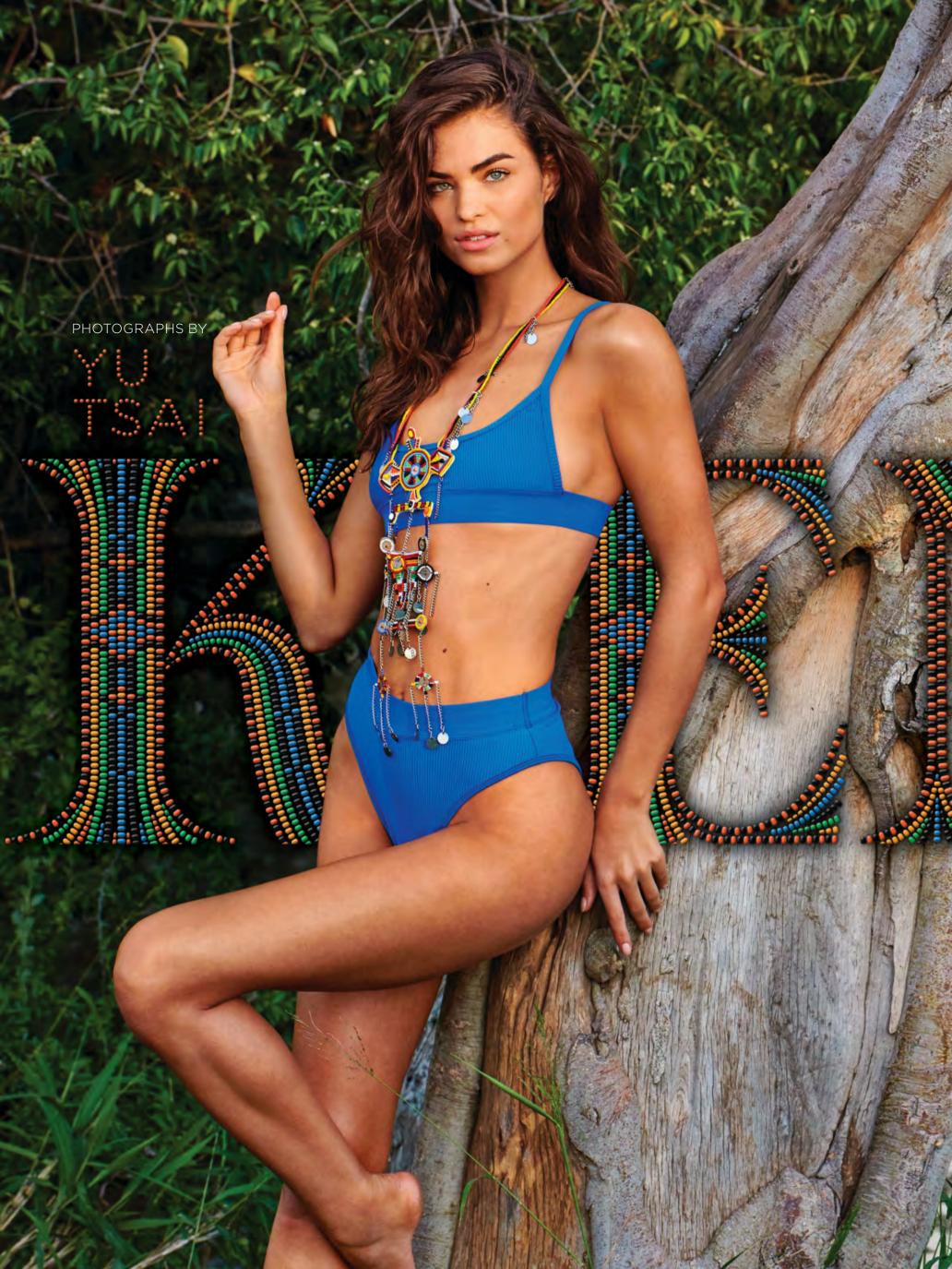


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TRAVELING TO KENYA to model in a burkini was just the latest leg in the remarkable journey of Halima Aden—one which began in that same country, but under very different circumstances. Halima was born in a Kenyan refugee camp, Kakuma, to parents who had fled Somalia, and she lived in the camp for seven years before emigrating to the

United States in 2004. That beginning made her appreciate the country's spectacular shores all the more when she returned as a model. "As a refugee I had seen the tears," she says. "Now I could see the beauty and the smiles."

Halima drew worldwide attention in 2016 when she competed in the Miss Minnesota pageant while wearing a burkini, a style of swimwear designed to conform to the Islamic traditions of modesty. That launched a modeling career defined by high-fashion firsts, including wearing a hijab on the cover of

British *Vogue*. Last year she became a UNICEF ambassador and returned to Kakuma to tell her story in a TEDx Talk—the first one held in a refugee camp. In her speech she declared that being a minority "is about using yourself as a vessel to create change and be a human representation of the power of diversity."

Wearing a burkini in the Swimsuit Issue had been a goal of hers since she began modeling. Halima didn't swim growing up, and she hopes that burkinis will help girls like her feel more at home in the water. "I can't wait to see an Olympian wearing a burkini," she says. Halima has also had non-Muslim friends tell her they'd like to wear a burkini for sun cover, or just plain old cover: "Modest swimwear should be celebrated," she says.

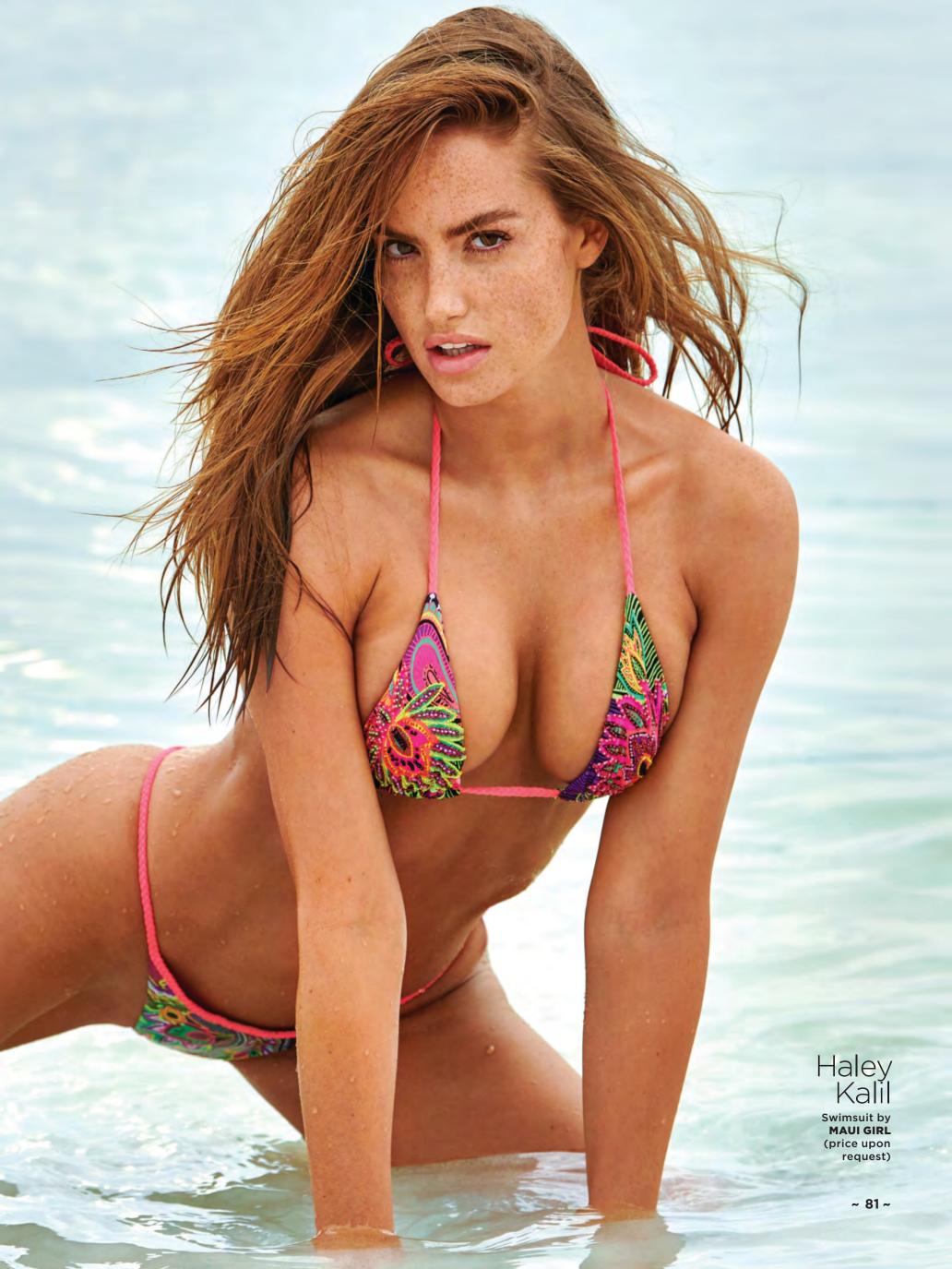
But Halima doesn't have any hesitancy about appearing in an issue where the swimwear can be immodest—sometimes really immodest. "I support all choices," she says. "A woman should be able to choose what she wants to wear."















SPORTS ILLUSTRATED'S PODCAST NETWORK





















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TRAVEL

KENYA

Natural wonders are evident all over this divine African nation

DESTINATION

Located on Africa's east coast, Kenya is one of the most geographically diverse nations in the world. Getting there is easy; Kenya Airways offers five nonstop flights a week from New York City to Nairobi, with luxurious service that includes flatbed seats in business class. kenya-airways.com

ACCOMMODATION

Kenya was a favorite destination of Ernest Hemingway, who was the inspiration behind the Hemingways Collection. Its three

properties, spread out across the southern portion of the country, offer a chance to see Kenya in all its splendor. Hemingways Watamu is a relaxing coastal resort featuring suites with views of the Indian Ocean. Hemingways Nairobi is a five-star boutique hotel that provides every guest with a butler. And Ol Seki Hemingways Mara is a luxury tented camp located in the private Naboisho Conservancy. Each of the 10 tents has a terrace with stunning views of the Koiyaki

plains. Ol Seki is a type of tree, and its name means blessed in the Maasai language. That's how you'll feel after a stay. (+254-711-032-000) hemingways-

RECREATION

collection.com

Each Hemingways property provides different activities all of which are appealing. Watamu has snorkeling, kite surfing and sunset Dhow cruises. In Nairobi, you can visit a preserve and get a kiss from a rare Rothschild giraffe. In addition to custom-tailored safaris, Ol Seki Mara also offers horseback and balloon safaris, a chance to get a different perspective on an unforgettable experience.







1 Hemingways Watamu, which is located on Turtle Bay, lets guests relax on white sand beaches. 2 The suites at Hemingways Nairobi are inspired by a traditional Kenyan safari. **3** At OI Seki Hemingways Mara, the tents afford a view of animals in their natural habitats.









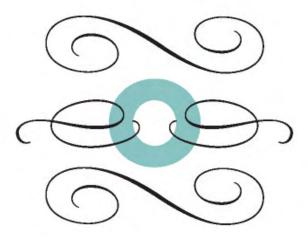












ON THE PITCH these women have shown they won't back down from any opponent. Now they are taking their fight to the courtroom in the battle for equal pay. Alex Morgan, Megan Rapinoe, Abby Dahlkemper and Crystal Dunn were among the 28 members of the U.S. women's national team who filed a gender discrimination suit against the U.S. Soccer Federation on March 8—which is International Women's Day. According to the suit, the women (the reigning world champs) were in many cases paid less than half of what the men (who failed to qualify for the last World Cup) made. Morgan, who has been on the national team since 2010 and scored seven goals for the U.S. in the 2015 World Cup, says, "We have elevated the sport of soccer here and abroad, we are some of the most recognizable footballers in the world, and we deserve to be treated equally in our sport."

Morgan is appearing in her third Swimsuit Issue, and this time around she helped run the show by choosing which team members would join her. She even checked in on Rapinoe's preshoot fitting session and pulled a suit for her to wear. Morgan and Dahlkemper were fitness buddies in the two weeks before the St. Lucia shoot, doing extra core exercises and keeping an eye on their diets. Dunn, says Morgan, is just a pleasure to have around. "She is a competitor on the field, but away from it, she likes to have fun, dance and make jokes," Morgan says. "Everyone needs a Crystal in their life."

Next month, the U.S. national team will begin the defense of its World Cup title in France. Says Morgan, "The opportunity to be featured in the Swimsuit Issue four weeks before the World Cup is a huge honor." One thing is certain: We know these women will put up a fight.











TRAVEL

ST. LUCIA

Take in its stunning landmarks and you'll see what all the fighting was about

DESTINATION

The old maxim that anything worth having is worth fighting for could have been coined with St. Lucia in mind. The island is known as the Helen of the West Indies, both for its beauty and for the strife it caused among nations: Before gaining its independence 40 years ago, St. Lucia changed hands between Great Britain and France 14 times. Its colonial history lives on in the rich English, French and Creole traditions that can still be observed.

ACCOMMODATION

Marigot Bay Resort, located on the island's northwest coast, offers guests a choice: Be pampered, or get out and explore the local environs. Of course, there's nothing that says you can't do both. Marigot Bay's spa offers indigenous treatments that incorporate local traditions and ingredientseverything from volcanic mud to nutmeg. (You'll smell delicious!) You don't have to travel far to find some adventure. And if you happen to

have a boat, you're in luck—the resort's marina is one of the Caribbean's most scenic yachting hubs. (877-384-8037, rooms from \$344)

marigotbayresort.com

RECREATION

The Pitons—a spectacular pair of active volcanoes that rise from the sea (below, behind Alex)can be hiked, which provides spectacular views. They're such an iconic part of St. Lucia that a local beer is named for them. But the spirit that's most associated with St. Lucia is rum, and the best places to enjoy it are the tastings at Marigot Bay's Rum Cave and at the swim-up Pool Bar.







- **1** The marina at Marigot Bay is the center of activity at the resort.
- 2 The rooms balance modern style with West Indian influences. Also (not pictured, sadly) they come with homemade cookies!
- **3** The serene waters are perfect for sailing and rowing.



PLANETFÚTBOL

COVERING THE WORLD'S BIGGEST SPORT



Sports Illustrated

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Manuela Alvarez Hernandez.

WHERE I'M FROM

Medellín, Colombia

WHAT YOU SHOULD KNOW ABOUT MY HOME

Colombians are people-centered, happy, humble—and no matter where you are in the country, we will always make you feel at home.

PET PEEVE

When people don't introduce themselves

LAST GREAT BOOK I READ

You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life by Jen Sincero

GO-TO KARAOKE SONG

"Don't Stop Believin'"

ADVICE TO WOMEN CONSIDERING MODEL SEARCH

Take the risk. You've got nothing to lose. Even if it doesn't work out, you're still a winner—you had the strength to follow your dreams, and that's the kind of bravery that will take you places.

Swimsuit by TOXIC SADIE SWIMWEAR (\$45)

> Dress by MESHKI (\$101)

Erin Willerton

WHERE I'M FROM

Bristol, United Kingdom

WHAT YOU SHOULD KNOW ABOUT MY HOME

It's a small city in the southwest of England and pretty much everyone knows each other.

PROFESSION

Final year philosophy student

Swimsuit by **I.AM.GIA** (\$128)

PET PEEVE

A bit of a weird one: I can't be in the same room as anyone cooking mushrooms.

LAST GREAT BOOK I READ

Because I just finished my dissertation, I have read hundreds of amazing books by feminist epistemologists. If anyone needs a philosophy starter pack, let me know!

GO-TO KARAOKE SONG

Anything by Madonna or Duran Duran

WHAT I'VE LEARNED ABOUT MYSELF DURING MODEL SEARCH

What I have loved about the SI experience is the encouragement and positivity that I have been shown by the team and my fellow five girls. I've learned to believe in myself and stop putting myself down.







TRAVEL

PARADISE ISLAND

A home-away-from-home for travelers—and a home for dolphins

DESTINATION

Nassau is the chief tourism hub in the Bahamas, with loads of things to do and see (and drink; let's not forget this is the place that gave us the Bahama Mama) year-round. A bridge from the capital will take you to Paradise Island, where things get even more interesting—and spectacular.

ACCOMMODATION

Atlantis is an amazing resort, with six different places to stay and a 141-acre water park called Aquaventure that meanders through the property. The most luxurious of the options is The Cove, which relaunched in 2017. Featuring 600 ocean-front suites, it is chic and stylish but holds true to the resort's mantra of Bahamas at Heart, so you'll never forget where you are. Two exquisite restaurants-Sip Sip and Fish by José Andrés—both serve authentic Bahamianinspired fare. (242-363-3000, rooms from \$479) atlantisbahamas.com

RECREATION

Just as it is committed to preserving Bahamian culture, The Cove—indeed, the entire Atlantis resort—is dedicated to conservation. In addition to the Atlantis Blue Project Foundation, founded to save sea species and their habitats, Atlantis features the largest open-air marine habitat in the world. Visitors can take in 50,000 animals among 250 marine species on display in 14 lagoons. And Dolphin Cay was started in 2007 as a refuge for 17 dolphins whose habitat was destroyed by Hurricane Katrina. The 42 dolphins now on the property make wonderful swimming and snorkeling partners.



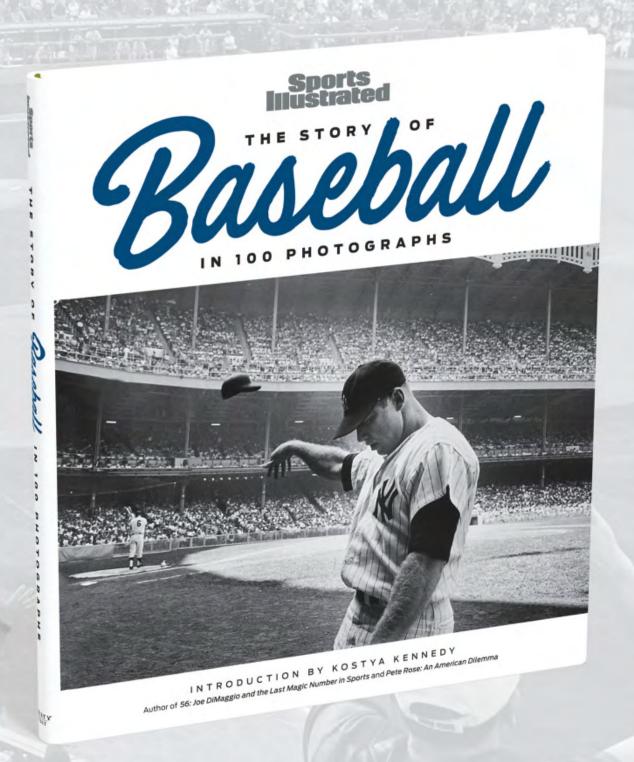




- 1 The pool at The Cove—one of 11 at Atlantis—is surrounded by 20 cabanas with art and design inspired by the Bahamas.
- 2 The Cove's rooms have a modern feel—and killer ocean views.
- **3** The sprawling Atlantis resort features five miles of beaches.

NEW YORK TIMES BESTSELLER

BASEBALL'S RICH HISTORY IN 100 MEMORABLE PHOTOGRAPHS



Sports Illustrated explores the sport's cultural heritage and uniquely

American character, from the Dead Ball era to the Moneyball years and
beyond. Plus a trove of outsized figures: Babe Ruth, Roberto Clemente,

Hank Aaron and so many more.

AVAILABLE WHEREVER BOOKS ARE SOLD







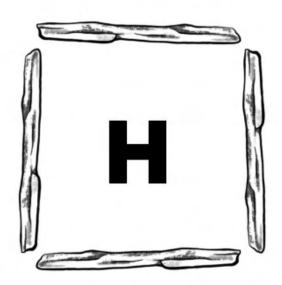












HUNTER MCGRADY has plenty to say, which is why she was a natural for the advice column "Hello Hunter" that appears on SI.com. The project grew out of the back-and-forths she had with fans on Instagram. "When people write to me, I never treat them like fans, I treat them like friends," Hunter says. "We're all learning this life thing together."

The most popular topic people ask her about is dating, and her chief message to people struggling to find love is that they need to believe in themselves. "It's about your confidence and loving yourself, which sets a precedent for every relationship you have moving forward," Hunter says. She also hears from women and a surprising number of men as well—about body acceptance. Hunter dispenses advice on that topic, and she is also taking action. She and body-positivity blogger Katie Sturino just launched BabeBody, an Instagram page that encourages women of all body types to go to the gym. Followers in New York City will have weekly opportunities to work out together.

Hunter's own reckoning with her body type has been essential to her success. The daughter of an actor and a model, she made her first run at modeling when she was 15 years old and a size 2, but she was told by photographers that she wasn't thin enough. Instead of trying to jam a round peg into a thin hole, if you will, she came up to a weight more natural to her sixfoot frame, and found happiness and prosperity as a size-16 mold-breaker.

This shoot in Costa Rica marks her third time in the Swimsuit Issue (though her first wearing an actual swimsuit, after appearing twice wearing only body paint). Her previous shoots inspired many but also attracted the predictable online trolls, who wrote that a woman of Hunter's size didn't belong in the issue. It's one of the reasons she wanted to come back. "If anything, those comments make me want to do it even more, because I see the need for body diversity," she says. "I understand that not everyone can appreciate it, but it's not going anywhere. So you better get on board."

That's some good advice.

































TRAVEL

COSTA RICA

Visit Las Catalinas and you'll be left with one question: Isn't it romantic?

DESTINATION

Few places on earth pack the punch that Costa Rica does. The country takes up .03% of the planet's surface, but it contains nearly 6% of the world's biodiversity. So when you're in this Central American haven, you never know what you might see.

ACCOMMODATION

Casa Chameleon at
Las Catalinas has
21 ocean-view villas
with private saltwater
plunge pools—and no
kids. Being adultsonly makes the resort
ideal for couples
looking for a little

us time: TripAdvisor named it one of the 25 best resorts for romance in Central America, and the exquisite Sentido Norte made CNN's list of the World's Most Romantic Restaurants in 2019. (888-705-0274, villas from \$495) casachameleonhotels.com

RECREATION

Las Catalinas, just five minutes away, is a relatively new town with walkable plazas in which no vehicles are allowed. Walking—actually, any kind of activity—is a way of life in the area. Costa

Rica is a hot spot for surfers, scuba divers, mountain bikers, zip liners and, above all, hikers. Casa Chameleon offers countless expeditions, including a river cruise of Palo Verde National Park, where you'll see the wildlife—iguanas, crocodiles, birds, monkeys and batsthat makes the area so diverse. If you'd like to let someone, or something, else do the work, horsebackriding and ATV tours are available as well. And if you're really in need of a jolt? Coffee always helps. Costa Rica produces some of the world's best joe, and you can see how it's produced on the Diria coffee tour, which is an hour and a half away.







1 Pools are abundant—and glorious—at the adults-only Casa Chameleon resort. 2 The surrounding landscape is perfect for guests who want to get out and explore, which can leave you tired. So ... 3 ... it's a good thing the rooms are so comfortable.





















TRAVEL

GREAT EXUMA

The sights and surroundings in the Caribbean are out of this world

DESTINATION

To fully appreciate just how blue and perfect the water is in the Exumas—a 365-island chain in the Bahamas that begins 35 miles southeast of Nassau—it helps to view the region from above. And not many people have spent more time above waaaaaayyyyy above—the Caribbean than Scott Kelly, who spent 520 days in space. In 2015 Kelly tweeted that the Bahamas were "the most beautiful place from space." The area doesn't look that bad up close, either.

ACCOMMODATION

The must-stay destination is on the island of Great Exuma. Grand Isle Resort & Spa has 78 villas, ranging from one to four bedrooms, feature stunning architecture, private kitchens and terraces with amazing views. In March the property opened 23 North, an upscale beach club and restaurant that, at 30,000 square feet, is big enough to host picture-perfect weddings. (844-615-6272, villas starting from \$400) grandisleresort.com

RECREATION

The turquoise waters are perfect for swimming, but don't take our word for it. Ask the famed swimming pigs, who can be found on-where else?-Pig Beach on Big Major Cay. Grand Isle Resort offers shark tagging excursions guests accompany marine biologists on a mission to catch, tag and release tiger, reef, hammerhead and nurse sharks.

If you prefer your shark-related activity to be a little less toothy, Grand Isle has you covered. The resort features an 18-hole golf course designed by the Shark himself: Greg Norman. No matter which adventure you choose, the resort's signature Exuma Blue cocktail awaits at the end of the day.







- **1** The immaculate beaches at Grand Isle aren't just for sunbathing.
- **2** The 12-acre grounds are perfect for guests interested in lounging, swimming and golf.
- **3** The Palapa Grill, one of Grand Isle's three restaurants, serves fresh local seafood.









Let's recycle rightl_{*} Society-wide standardized labels on bins make it easy.

Let's recycle right!.

Text FIX IT to 40649

to ask community leaders to join the nonprofit solution to fix the confusion at the bin.

Message and data rates may apply. Text STOP to cancel or HELP for help. Go to recycleacrossamerica.org/privacy-policy for privacy and terms

Dear Humans,™ We need your help. Seriously.

Animals are getting hurt...

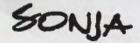
Did you know that six out of ten human items most commonly found in my ocean are recyclable? Isn't that crazy? It's dangerous, too. Animals sustain life-threatening injuries because of the trash and recycling that end up in the oceans. The best way to prevent this from happening is to

That's why you humans should use standardized labels on recycling bins society-wide...they make it easy to recycle more and recycle right. The U.S. generates more waste than any other country in the world, so we need the U.S. to lead the way!

Here's how you can help - text FIX IT to 40649 to ask your elected officials to display the standardized labels on recycling bins in your community.

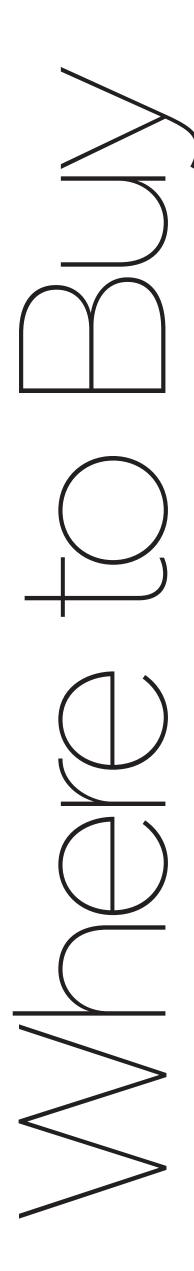
Let's rid the oceans of waste and recyclables once and for all! Please recycle right, and if you have trash, throw it in the trash bin (and put a lid on it).

Oh, and one more thing – when someone offers you a plastic straw or a plastic bag, please REFUSE IT, DON'T USE IT™! They are a huge problem for all of us living here in the oceans Yours Truly,



recycle across america:org

Recycle Across America is a 501(c)(3) nonprofit organization dedicated to expediting environmental progress by introducing society-wide standardized labels on recycling bins, to make it easy and possible for the public to begin to recycle properly, wherever they might be.



COVER

On Tyra: Swimsuit by Andi Bagus at andi-bagus.com. On Camille: Swimsuit by Meshki at meshki .com.au. On Alex: Swimsuit by FAE at fae.house.

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ACCOMMODATIONS

COSTA RICA

Casa Chameleon at Las Catalinas, Las Catalinas, Costa Rica, 888-705-0274, casachameleonhotels.com.

GREAT EXUMA

Grand Isle Resort & Spa, Emerald Bay, Exuma, Bahamas, 242-358-5000, grandisleresort.com. Promotional consideration provided by The Bahamas Ministry of Tourism and Aviation, thebahamas.com.

KENYA

Hemingways Watamu, a member of Small Luxury Hotels of the World, Watamu, Kenya, 877-234-7033, slh.com. Hemingways Nairobi, a member of Small Luxury Hotels of the World, Nairobi, Kenya, 877-234-7033, slh.com. Ol Seki Hemingways Mara, Naboisho Conservancy, Maasai Mara, Kenya, +254-718-669-856, hemingways-collection.com/mara. Promotional consideration provided by Kenya Airways Ltd., +254-20-327-4747, kenya-airways.com. Promotional consideration provided by Hemingways Expeditions, +254-20-2295-000, hemingways-expeditions.com.

PARADISE ISLAND

The Cove at Atlantis, Paradise Island, The Bahamas, 242-363-3000, atlantisbahamas.com/rooms/thecoveatlantis. Promotional consideration provided by The Bahamas Ministry of Tourism and Aviation, thebahamas.com.

PUERTO VALLARTA

Hotel Boutique Casa Velas, Puerto Vallarta, 877-418-3011, hotelcasavelas.com. Promotional consideration provided by Puerto Vallarta Tourism Board, 888-384-6822, visitpuertovallarta.com.

ST. LUCIA

Marigot Bay Resort and Marina, Marigot Bay, St. Lucia, 877-384-8037, marigotbayresort.com. Promotional consideration provided by Saint Lucia Tourism Authority, 800-456-3984, stlucia.org.

SOUTH AUSTRALIA

LifeTime Private Retreats, Kangaroo Island, South Australia, +61-8-8559-2248, life-time.com.au. Promotional consideration provided by Virgin Australia, 855-253-8021, virginaustralia.com. Promotional consideration provided by South Australian Tourism Commission, 323-871-1151, southaustralia.com.

PRODUCTION

Location production for Costa Rica, Great Exuma, Paradise Island, Puerto Vallarta, St. Lucia and South Australia by Cindi Blair Productions/Turks & Caicos Productions, 917-544-6977, cindiblairproductions.com. Location production for Costa Rica by Origen Escapes, +506-4702-1504, origenescapes.com. Location production for Kenya by Baker Kent Production, +27-79-648-6137, bakerkent.com.



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LAST WORD

SUNSET YEARS

Slow down at 54? Not this icon, who showed that women of all ages can dazzle

BY PAULINA PORIZKOVA

OR THE LAST decade or so, I've had a recurring nightmare. I'm on a photo shoot for Sports Illustrated at my current age. The sun is setting on a beach, I'm in a bikini, pumped and ready to shoot, but am ignored in favor of much younger models. As the sun plunges below the horizon, so does my heart as I realize my age has rendered me essentially invisible.

Then a few months ago SI called to ask if I'd like to be one of the core "girls" in the upcoming issue. I'd be the oldest core girl. Ever.

I landed my first SI cover 35 years ago, and the trajectory of my career changed overnight. But these days, you'll most likely find me behind a desk, or more truthfully, behind the kitchen table, with crap reality TV on in the background as I write. I write fiction and nonfiction, and have been militant about ageism: I'm

deeply offended on behalf of all of us women who are rendered socially invisible once we look a certain age. Certainly, today's 50 is not yesterday's 50. While I am, at times, proud to look my age, when someone on social media calls me a wrinkled hag, I have to do a lot of slow breathing. So I had to wrestle with the question: how do I feel about being the *old* lady in SI? Do they really want me—or am I here because of what I represent?

I'm 54, I haven't "had work done" (yet), and now I'm being asked to climb back into a bikini when I'm basically the age my mother was the last time I did this, in 1992. But editor MJ Day—the power behind the Swimsuit Issue and the woman who has been responsible for broadening the idea of female beauty with gorgeous girls of all colors and sizes—decided she wanted me.

With only three weeks to prepare, I considered for a moment all the things I could do to make myself look younger. Then I settled for a facial, and the only work I did was working on accepting that I didn't look 25. Or 35. Or 45.

My acceptance took a rude hit in the Nairobi airport. After a 16-hour flight, we all looked the way people do after long flights, except for Haley, the other model traveling with me. At 25, she was exactly as beautiful as when we boarded. No bags under her eyes, no weird folds from sleeping on a sweater and no bed-head hair. That's when our airport guide, a man in his 60s, took a head count and announced, "One of you is missing." He shook a sheet of paper as if to somehow dislodge the missing person and stared right through me as he continued: "It says here there are *two* models. So, where is the other one?"

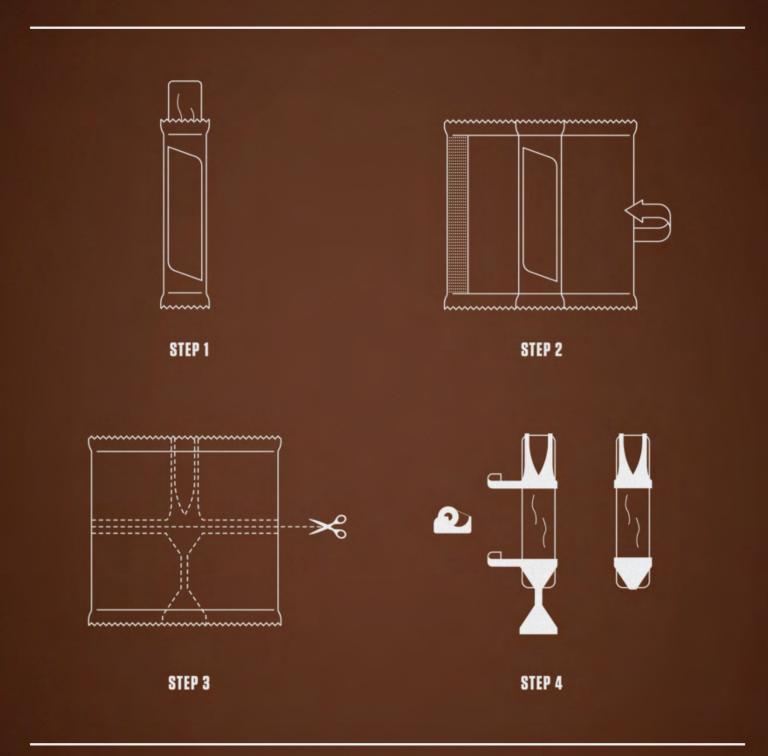
Aside from the obvious awkwardness everyone felt, and the sweet way they pretended that didn't just happen, once we did the fittings and I got to the beach with the crew, muscle memory kicked in, and it felt just like 30 years ago.

Then came the sunset.

Back in the old days, the best bikinis were saved for that last 10 minutes of light. In a week's shoot, you could tell the favorites for a cover by how many sunsets they got. This time, I wasn't kidding myself; I knew I wasn't in the running for a cover. Still, as we got ready for my one sunset, MJ handed me my favorite bikini and photographer Yu Tsai helped me to stand on a tree branch that overlooked the mangrove bay. We had very little time in which to capture the magic. As I balanced myself on the tree, sucking in my stomach for all I was worth, the sun snowballed into a grey cloud. It wasn't exactly a sunset, but we got a shot.

In my nightmare I was upset because I was bypassed because of my age. Now, I realized it was all about just being invited. By hiring me, MJ had cracked open the door to another possibility: the visible mature woman. Or, let's just say: the hot old lady.

YOU'D HAVE TO BE REALLY HUNGRY TO MAKE YOUR OWN #SISWIM #SNIKINI AND POST IT ONLINE. BUT HEY, IF THAT'S YOUR THING, HERE YOU GO.











IF YOU BOUGHT THIS MAGAZINE FOR THE SNICKERS BIKINI, YOU'RE PROBABLY HUNGRY.

